



## Counseling & Mental Health Support

### Experience Healing and Growth with Compassionate Support

Our counselors offer a warm, empathetic approach rooted in personalized care. Our Grief & Loss and Trauma-Informed approach is a person/family centered, holistic, and strengths-based practice. We empower you to move through a natural journey of healing and self-discovery.

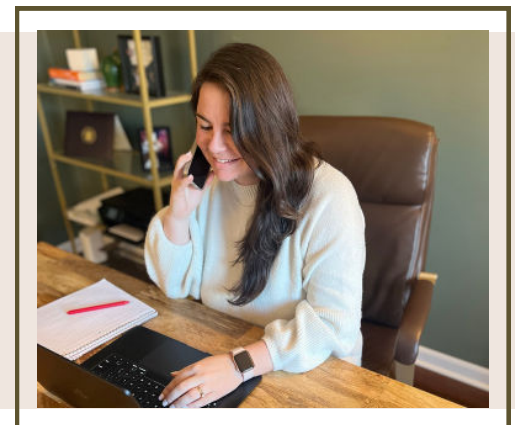
Together, we'll work through challenges and help you find clarity, peace, and renewed purpose. We're here for you in times of:

- Grief, identity loss, and anticipatory loss
- Anxiety and depression
- Caregiving stress, fatigue, and burnout
- Emotional dispute resolution/family mediation
- Life balance and time management
- Stress management

**Caregiving is our specialty** - we also offer caregiver coaching, resource management, and mental health support/programming.

### About Our Therapists

Our staff includes licensed, professional and graduate level counselors who participate in ongoing training, clinical consultation, and adhere to high ethical standards. We work in the context of integration of mind, body, and spirit wellness. Confidentiality is the cornerstone of our core values and ethics.



Let us walk alongside you, wherever you are on your path.  
**412-369-HOPE (4673) ext 101 | [intake@hopegrows.org](mailto:intake@hopegrows.org)**

We accept in-person, telephonic, and virtual appointments.  
Commerical Insurance | EAP | Sliding Scale | Self-pay